



## AGREEMENT OF RELEASE & WAIVER OF LIABILITY

1. I will receive information and instruction while participating in physical activity provided by Stephanie Parr, PT with Kids S.O.A.R. LLC which may include, but is not limited to mat Pilates, On the Ball Strength, Pilates Boot Camp, weight training, cardiovascular exercise/training, yoga, barre workout, and interval training. I recognize that these classes will require physical exertion, which may be strenuous and could involve or may cause possible physical/personal injury. I am fully aware of the risks and hazards involved. Despite precautions, accidents and injuries may occur.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in these classes or any other physical activity associated with Stephanie Parr, PT with Kids S.O.A.R.
3. I understand it is my responsibility to consult with a physician regarding any medications that I am taking and the possible associated side effects of these medications combined with physical activity.
4. I represent and warrant that I am physically fit and I have no medical conditions, which would prevent my full participation in these classes. I am also aware of my ability to modify and take breaks as needed.
5. I understand that the instructor of these classes, Stephanie Parr, PT, is a physical therapist; however, Stephanie Parr, PT is not responsible for knowing the medical conditions of each participant and is not, through participation in these classes, engaging in a patient/client relationship with the participant.
6. I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I may incur as a result of participating in these classes.
7. I knowingly, voluntarily, and expressively waive any claim that I may have against, and agree to release and hold harmless Stephanie Parr, PT with Kids S.O.A.R., LLC and her facilities used by both entities from any case of action, claims, or demands now and in the future, or for injury or damages that I may sustain as a result of my participation.
8. I will not hold Stephanie Parr, PT with Kids S.O.A.R. liable for any personal property damage, which may occur on the premises before, during, or after classes.
9. Heirs, my legal representative or I, forever release and waive any liabilities against Stephane Parr, PT with Kids S.O.A.R. for any injury or death incurred by my voluntarily participation in these classes or activities.

I HAVE READ THE ABOVE RELEASE AND WAIVER OF LIABILITY AND FULLY UNDERSTAND ITS CONTENTS. I VOLUNTARILY AGREE TO THE TERMS AND CONDITIONS STATED ABOVE.

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_